FAST team builds resilience for Suicide Prevention Month

By Lt. Rebecca Miranda, FFSC, FAST Team

The excitement of life, especially living overseas, can be enriching and rewarding, but also carries its own unique challenges and stressors. Service members, civilians, locals and family members face stressors every day, and many times these life challenges make us stronger and more resilient.

However, when life sends us a curve ball or we just feel stuck and hopeless, things can easily go downhill if we don't cope well with stress. Suicide is a 100 percent preventable event and being more in tune with ways to prevent suicide is critical to our friends, family members, shipmates, co-workers, and ourselves.

September is National Suicide Prevention Awareness Month. In accordance with Suicide Prevention Awareness Month Naval Administrative message (NAVADMIN) 259/12, efforts to promote suicide prevention, "must be an all hands evolution – all of the time."

This month will feature weekly topics to include: Building Resilience, Navigating Stress, Encouraging Bystander Intervention to A-C-T, and Reducing Barriers for Seeking Support through Counseling. For more information, to request suicide awareness training and resources for your command or department, or to talk to a counselor, contact Fleet and Family Support Center 243-7878 or 243-FFSC.

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Make connections. Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals. Develop some realistic goals, and do something regularly – even if it seems like a small accomplishment – that enables moving toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of personal strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for their life.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Foreign-made wireless devices banned on CFAY, Japan

By IT2 Carlos Robertson, CFAY N6 Office

Did you know that your foreign-made devices such as cordless phones, baby monitors and two-way radios are prohibited in Japan? That's right, consumer-grade wireless transmitting devices which do not conform to Japan's technical regulations standards cannot be used in Japan. The Japanese Radio Law prohibits the aforementioned devices from being operated and imported to Japan. Cordless and wireless devices approved for use in Japan will have a label affixed that includes the Japanese technical conformity mark. More importantly, items not labeled with the Japanese conformity mark are not approved for use in Japan and are likely to cause radio frequency interference with Japanese emergency response units, Japanese cellular telephone service and other RF communications.

What is the technical conformity mark for? The affixed label is there as proof that the wireless equipment conforms to the technical regulations specified in the Japanese Radio Law. In most cases, it is displayed in the identification plate that describes the model name and manufacturer of the equipment. On wireless local-area-network routers, cordless phones and personal radios, the mark is printed underneath or along the identification plate if the equipment is stationary. Please be very careful when purchasing or using wireless devices that do not have the mark affixed as it is possible the devices are illegal for operation in Japan.

As stated by the Government of Japan, Ministry of Internal Affairs and Communications, "Many people use radio waves and they are now an essential part of our society. Since the availability of frequencies is limited, these need to be used efficiently and so it is necessary to set up various rules such as in-use channels, their output power and technical regulations for foreign radio equipment. Much of the equipment that does not have the Technical Conformity Mark affixed does not conform to these rules. In using this type of radio equipment, it is possible to cause interference to other people inadvertently and could possibly bring confusion at a social level." Therefore, foreign-made, i.e. not made in Japan, consumer-grade radio transmitters are illegal and should not be used.

According to Lead Spectrum Manager Gary G. Vogel, of the Navy and Marine Corps Spectrum Office Far East, some devices with the technical conformity mark may still cause interference. The Navy and Marine Corps Spectrum Office (NMCSO) conduct random scans for prohibited devices throughout CFAY. If your device is discovered to be causing interference, you will be notified by the NMCSO and asked to discontinue use of that prohibited device. Radio frequency interference is harmful and illegal.

COMFLEACTINST 2410.2 in compliance with Government of Japan Radio Law prohibits the use of foreign consumer-grade wireless transmitting devices. This applies to all U.S. Armed Forces members and their dependents, as well as civilian employees and their dependents that may have improperly imported and used prohibited wireless devices. Foreign-made devices are also prohibited from being modified by anyone other than a qualified technician licensed in Japan. Any violation of this policy constitutes an infringement of the Japanese Radio Law.

Under COMFLEACTINST 2410.2, "violators of this order are subject to appropriate judicial and or administrative disciplinary action including adjudication of family members and civilian misconduct pursuant to regulations."